

DINNERLY



Balanced Chipotle Chicken Stew with Sweet Potato and Brown Rice



40 minutes



2 Servings

Chipotle in adobo is a smoky, spicy sauce that gives this chicken and sweet potato stew a wonderful flavour. Serve on wholesome brown rice to fill you up in the healthiest possible way.

WHAT WE SEND

- 125g brown rice
- 1 sweet potato
- coriander
- 1 large free-range chicken breast fillet
- 20g chipotle in adobo sauce ⁶
- 400g diced tomatoes

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tsp soy sauce ⁶
- 1 tsp sugar

TOOLS

- medium saucepan
- medium deep frypan
- slotted spoon

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 600kcal, Fat 13.3g, Carbs 71.8g, Proteins 43.5g



1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25 mins or until tender. Drain.



2. Prep ingredients

Meanwhile, peel the **sweet potato** and cut into 1.5cm chunks (see Make it faster). Reserve a few **coriander** sprigs, then coarsely chop the leaves and finely chop the stems. Crush or finely chop **2 garlic cloves**. Cut the **chicken** into 4cm chunks. Put the chicken and **half the chipotle** in a bowl, season with **salt and pepper** and toss to combine.



3. Brown chicken

Heat **1 tbs olive oil** in a medium deep frypan over medium-high heat. Cook the **chicken**, stirring, for 3-4 mins until browned. Add the **sweet potato, coriander stems and garlic** and cook, stirring, for a further 1-2 mins until fragrant.



4. Simmer stew

Add the **tomatoes, remaining chipotle, 2 tsp soy sauce, 1 tsp sugar and 180ml (¾ cup) water** to the chicken mixture and stir to combine. Bring to the boil, then reduce the heat to medium and cook for 15 mins or until the sweet potato is tender and the stew is slightly thickened. Remove the pan from the heat, then remove the **chicken** with a slotted spoon.



5. Serve up

Coarsely shred the **chicken** using two forks. Add the **shredded chicken and chopped coriander leaves** to the stew and stir to combine. Taste, then season with **salt and pepper**. Divide the **rice** among bowls, then spoon over the **stew**. Scatter over the **reserved coriander sprigs**. Enjoy!



6. Make it faster

We like the sweet potato chunky, however, you can cut it into 1cm chunks to speed up the cook time. You can also skip shredding the chicken and leave it in large chunks.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au

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